ENERGIZE YOURSELF
AND THAT DOESN'T MEAN CAFFEINE {page 9}

WE'RE NOT DATING, SERIOUSLY
SANDRA SQUASHES RYAN RUMOURS {page 7}

TALKER
PIERS MORGAN ON TAKING OVER FROM LARRY KING {page 6}

VANCOUVER metro®
Tuesday, January 18, 2011
www.metronews.ca
News worth sharing.

Prepare to party like it's 1886

Vancouver to celebrate its 125th birthday with an April 6 bash at the Olympic Cauldron Three-day festival planned for this summer in Stanley Park

BRUCE BENNETT/GETTY IMAGES

▶ Vancouver's Olympic Cauldron alight during the 2010 Olympic Games. The cauldron will be lit April 6 as part of the city's 125th birthday.

MATT KIELTYKA
@METRONEWS.CA

Who called Vancouver "no-fun city"?

Mayor Gregor Robertson is ready for the city to shed that tag as he unveiled a year's worth of 125th anniversary celebrations at the launch of the PuSh International Performing Arts Festival last night.

The highlights include a free April 6 birthday bash at Jack Poole Plaza, with live performances, cake and the Olympic Cauldron burning bright once again.

A three-day Summer Live event is also scheduled for July 8-10 in Stanley Park.

For more information, go online to celebratevancouver125.ca.

Health

Battling the bulge

New surgery tackles obesity One in four Canadians are obese, and that number is rising Costs millions in health care {page 8}

Is marriage a thing of the past?

More Canucks are single, so do we really care about matrimony? {page 16}

Curtailing consumer debt

Ottawa introduces limits on mortgages, loans {page 4}

From classroom to classy career

Metro's Learning Curve will educate you {pages 10-14}

1 news

100-year-old scotch returns from Antarctica on a private jet. Scan the code for the story.

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On the web at metronews.ca

Allan Small on whether it's time to start investing in U.S. banks. More at metronews.ca/investing.

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Public hearing called over cop conduct

B.C.'s police complaint commissioner has ordered a public hearing into the conduct of two Abbotsford police officers during an arrest on Oct. 9, 2009.

The case gained notoriety after a resident filmed the takedown and posted the video on YouTube.

In the video, two suspects are laying face down on a lawn while Const. Doug Lemna has his firearm trained on one of them.

He is then seen putting his foot down on the suspect's head multiple times and kicking him in the body.

The second officer, Const. Daryl Young, is seen walking over the suspect's legs.

A date for the hearing has yet to be determined.

METRO

YOUTUBE.COM

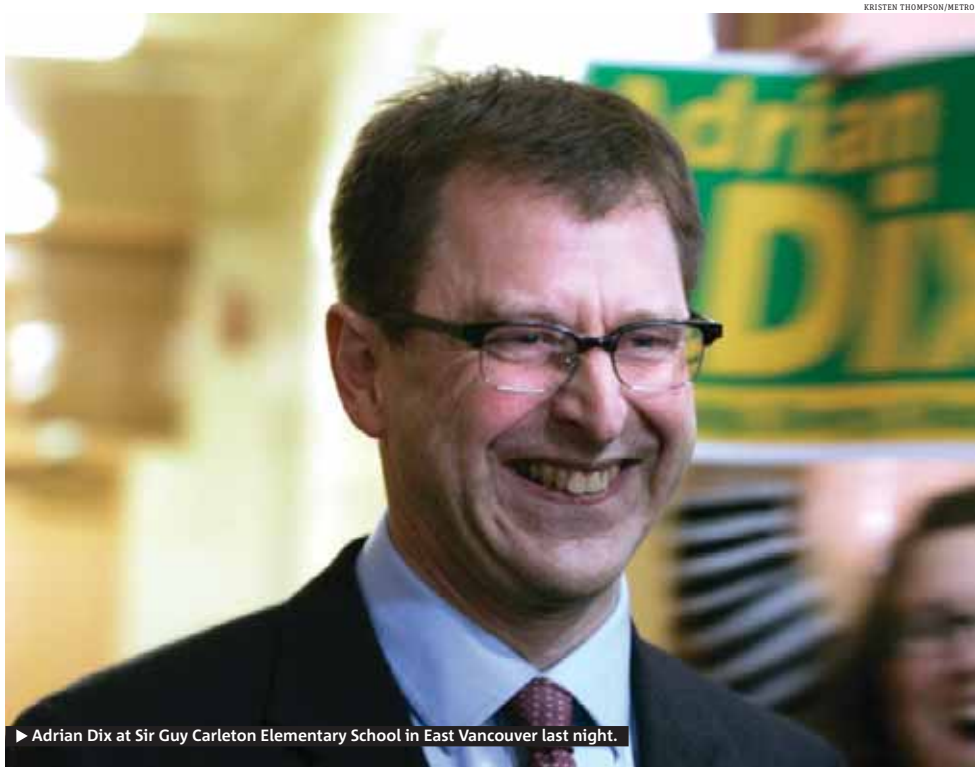
▶ Video footage of the arrest.

Officer stabbed

A Victoria police officer is recovering with stab wounds to her neck and hands after she was attacked while investigating the theft of a chocolate bar at a 7-Eleven.

Bystanders rushed to help the officer — whose injuries are non-life-threatening — and one of them used her handcuffs to detain the 57-year-old suspect. KRISTEN THOMPSON

KRISTEN THOMPSON/METRO



▶ Adrian Dix at Sir Guy Carleton Elementary School in East Vancouver last night.

Dix makes six in NDP leader's race

- Candidate in the running for the role of Carole James' successor
- NDP is expected to choose a new leader on April 17

KRISTEN THOMPSON
@METRONEWS.CA

Health critic Adrian Dix officially entered the NDP leadership race in Vancouver last night, promising if elected to close the gap between the province's richest and poorest, and getting tough on climate issues.

Dix is the sixth contender for Opposition party leader, joining Mike Farnworth, John Horgan, Harry Lali, Dana Larsen and Nicholas Simons.

"The NDP's chances of winning are dependent not only on running a good campaign, but also in being able to shape the issues that will dominate the race." JOHN CALVERT, SFU PROFESSOR

John Calvert, a public policy professor at Simon Fraser University, said the race will likely come down to Dix, Farnworth and Horgan.

"Each has a cohort of supporters within the NDP," he said. "While each has done a good job in their respective opposition roles, my feeling is that Dix will be the most likely to win."

Calvert said it's hard to say which candidate may fair best against the Liberals until that party elects its own leader to replace Premier Gordon Campbell.

"Dix is probably the toughest campaigner and the most able to debate the opposition. But the other two ... will appeal to a slightly different group of voters," Calvert said.

"At the end of the day, the candidate that appeals most strongly to the core values of the party ... will likely be in the best position to succeed."

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Kwan to Grits: 'Step up to the plate' for poor

B.C. Liberals have been 'taking money out of children's hands' since 2002: MLA She calls upon Liberal leadership hopefuls to 'do the right thing'

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

B.C.'s poor children were made poorer in 2002, when the Liberal government "clawed back" income support for single parents, MLA Jenny Kwan said yesterday.

In a press conference held at her East Vancouver office, Kwan, who represents Vancouver-Mount Pleasant, called for reinstatement of child maintenance and income exemptions for those who depend upon social assistance.

NATALIE KAUR JOHAL/FOR METRO

▶ NDP MLA Jenny Kwan

Kwan mentioned Lenlen Castro, a single mother who has been trying to get maintenance for her child since 2009.

"Even if she was successful ... she would not be able to keep that money," said Kwan, adding that Castro has spoken to mothers in similar situations and found that they "don't have the freedom to hope for a future."

According to the Canadian Centre for Policy Alternatives, B.C.'s welfare rules "discourage work re-entry," as earnings exemptions often help people get back to work.

Real estate. Fight

▶ Stacey Bonenfant, a Downtown Eastside resident and mother of two young children, speaks out against the city's Historic Area Height Review yesterday.

MATT KIELTYKA/FOR METRO

Residents rise up against highrises

Social-housing advocates demonstrated in the Downtown Eastside yesterday to challenge a staff report going to council this week. If approved, the Historic Area Height Review would open up the neighbourhood to condo developers, who in turn could price out low-income families.

Two dead likely from bad heroin

Two women have died from what police say may be a fatal batch of heroin in circulation on Vancouver streets.

Police are advising IV drug users to be extra cautious and use the services at InSite. ● KRISTEN THOMPSON

Butterfly wings inspire tech

Researchers at SFU and Nanotech Security Corp. have developed the world's first commercial use for nanotechnology — as anti-counterfeiting features on banknotes. The technology was inspired by butterfly wings. ● METRO

Another recall campaign

MLA Don McRae is the newest Liberal to face a recall campaign after Craig James, the acting chief electoral officer, approved the application for a recall petition yesterday. The petition is scheduled to go public on Friday. ● METRO

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POLITICS

Federal election season?

It's beginning to feel an awful lot like federal election season. The Tories are rolling out a series of television ads that attack their opponents while portraying Prime Minister Stephen Harper as a steady hand at the tiller in stormy times. The gloomy ads coupled with public tours by Harper, Liberal Leader Michael Ignatieff and NDP Leader Jack Layton make it feel like a national campaign is already underway. The governing Conservatives claim they don't want an election now, and say their ads are designed to keep the opposition majority from defeating them on the coming budget. THE CANADIAN PRESS

Return of Baby Doc shocks former GG

DIEU NALIO CHERY/THE ASSOCIATED PRESS

▶ Former Haitian dictator Jean-Claude (Baby Doc) Duvalier talks by phone next to his wife, Veronique Roy, upon his arrival at Toussaint Louverture International Airport in Port-au-Prince on Sunday.

[illegible] in Haiti for politics, but for reconstruction

SEAN KILPATRICK/THE CANADIAN PRESS

"How can he come back to Haiti without warning, like a citizen, without reproach?"
MICHAËLLE JEAN, FORMER GOVERNOR GENERAL

One-time dictator Jean-Claude (Baby Doc) Duvalier's return to Haiti has left Canada's Haitian-born former governor general "astounded."

"Will a quarter-century of comfortable exile in impunity be enough to make Haitians forget the horrors, the suffering, the injustice as well as the human and economic cost of decades of Duvalierist dictatorship?" Michaëlle Jean said in a statement.

"How can he come back to Haiti without warning, like a citizen, without reproach?" Jean's family fled Haiti for Canada in 1968 during the reign of Duvalier's infamous father, François (Papa Doc) Duvalier. The younger Duvalier ruled the impoverished country from his father's death in 1971 until he was ousted in a popular uprising in 1986.

He has spent the time since in exile in France.

The father-son dictators presided over one of the darkest chapters in Haiti's lamentable history.

THE CANADIAN PRESS

Celebrating fall of corrupt in-laws

Tunisians couldn't stand her even more than they couldn't stand him.

The end of President Zine El Abidine Ben Ali's iron-fisted, 23-year rule brought joy to many ordinary people in this North African nation — and they were especially elated at the prospect of life without his wife and her rapacious family. The clan of former first lady Leila Trabelsi, a one-time hairdresser who rose to become Tunisia's most influential woman, was widely despised as the ultimate symbol of corruption and excess.

Tunisia's prime minister announced a national unity government yesterday.

Prime Minister Mohamed Ghannouchi, a longtime ally of Ben Ali, and several top ministers retained their posts in the shakeup.

THE ASSOCIATED PRESS

New rules on mortgages

First-time buyers and those who use their home as collateral for low-interest loans are likely to be most affected by new mortgage rules that go into effect in March, experts say. Federal Finance Minister Jim Flaherty said yesterday that beginning March 18, the maximum amortization period for a mortgage will drop to 30 years from 35, effectively reducing the maximum amount Canadians can borrow for their home.

Canadians will also be able to borrow less when they refinance mortgages.

THE CANADIAN PRESS

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Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar
– 23.95 (13,440.11)	+ 0.23¢ (101.30¢ US)

Oil (e-trading)	Natural gas
– 51¢ US ($91.03)	(Markets closed yesterday) Gold contracts $1,361.20 (+ 70¢)

ADD SOME COLOUR TO MID-WINTER BLUES

She says ...

JESSICA NAPIER

Christmas is long gone, I've broken all of my well-intentioned resolutions and my bank account is looking more tragic than ever. Frigid temperatures and a lack of funds have left me housebound this month and my mood, like the weather, has been icy at best. I am well and truly stuck in the post-holiday depressfest known as January.

It's not just me, of course. Psychologists (perhaps in collaboration with travel agents and chocolate makers) dubbed yesterday Blue Monday, allegedly the most depressing day of the year.

With this not-so-scientific fact in mind, here are five ways to help you defrost your chilly disposition and get out of your seasonal slump. And just think; if yesterday was the most depressing day of the year it can only get better from now on, right?

"... if yesterday was the most depressing day of the year it can only get better from now on, right?"

HIBERNATE WITH FRIENDS: If you can't beat the blues you might as well make wallowing a group activity. Play board games and put on bad movies you would feel guilty watching during patio season. Add wine when needed.

HIT THE SLOPES: If there's one thing Canadians do well it's inventing ridiculously dangerous winter sports. So why not strap on some skis and throw yourself down a steep rock face in the name of fun. Or forget the skiing and skip straight to the après activities, preferably anything that involves a roaring fire and a bearskin rug.

DECORATE: If below freezing temperatures have you trapped inside your apartment you might as well make it look good. Yes, you're broke from a season of overspending, but even small touches can go a long way. Invest in new couch cushions, craft colourful wall art and fill vases with fragrant flowers to remind yourself that spring is just around the corner (kind of).

FIND PLEASURE IN SOMEONE ELSE'S PAIN: Go online and look up temperatures in a much colder province. When you consider that it was –39 C in Eureka last night (that's in Nunavut for those of you who aren't Canadian geography nerds) the wind chill here doesn't really seem all that bad.

THROW A JERSEY SHORE THEME PARTY: Get a spray tan, turn up the heat and squeeze into your tightest Ed Hardy tube top. Invite like-minded Guidos and Guidettes over to fist-pump to the beat of your homemade club-anthem playlist. Drink Ron Ron Juice until you forget what season it is and try not to contract an STD by the end of the weekend.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Dressing for success

Worth mentioning

Swiss bank UBS AG is revising its dress code after getting roundly mocked for suggesting employees wear skin-coloured underwear and avoid garlic breath.

The bank said yesterday it is whittling down its 44-page style guide to a more modest booklet that will concentrate on how to impress customers with a polished presence and sense of Swiss precision and decorum.

The existing code tells female employees how to apply makeup, what kind of perfume to wear and what colour stockings and lingerie are acceptable. It advises them not to show roots if they colour their hair and to avoid black nail polish.

"You can extend the life of your knee socks and stockings by keeping your toenails trimmed and filed," UBS tells its female staff. "Always have a spare pair: Stockings can be provisionally repaired with transparent nail polish and a bit of luck."

Men are told how to knot a tie, as well as to get a haircut every month and avoid unruly beards and earrings.

Both sexes were advised to avoid garlic or onion breath.

The guidelines recommended skin-coloured underwear for women and wristwatches for all to signal "trustworthiness and a serious concern for punctuality." THE ASSOCIATED PRESS

Swiss precision

How would you describe your dream job?

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Metro Minute at PuSh arts festival

For the next three weeks, Vancouver will be filled with live performing arts beginning today with the launch of the 25th PuSh International Performing Arts Festival. Audiences will see visionary, genre-bending live performances, dances and music, both inside and outside by international, Canadian and local artists. The festival, which will be tied to the city's 125th anniversary celebrations, launches with a free outdoor performance. La Marea (The Tide) features nine different stories and plays on Water Street in Gastown between Abbott and Carrall streets at 7 p.m. The PuSh International Performing Arts Festival runs until Feb. 6. Visit pushfestival.ca for more.

AYAKA KAWAI

CONTRIBUTED

▶ Vancouver's PuSh International Performing Arts Festival kicks off today with a packed lineup of shows, including CIRCA.

2 scene

News in brief

The Nielsen Co. says Sunday's Golden Globes ceremony was seen by almost 17 million viewers. It beat all network competition in its time period, slightly exceeding last year's audience for the film and TV awards show.
THE ASSOCIATED PRESS

Tron: Evolution continues the sorry legacy of games based on feature films

Morgan takes over King's CNN throne

British journalist has big shoes to fill ◗ Plans to be direct and not pull any punches in his interviews ◗ Obama or Boyle? How about both!

ANTHONY JOHNSON & RICHARD PECKETT
SCENE@METRONEWS.CA

Piers Morgan replaced legendary interviewer Larry King, who, before retiring, hosted CNN's nightly interview show broadcast across the globe for 25 years.

Morgan, one of Britain's most famous journalists, has enjoyed a professional career spanning more than 20 years that saw him evolve from a showbiz columnist, national newspaper editor to a celebrity judge and interviewer.

Morgan found time to sit down with Metro.

How are you different from Larry King?
Well, I'm 32 years younger and I've had six less wives. So far! But seriously, I think that we come at interviews in a very different way. Larry prefers not to know too much about his guest so he can chat to them as if they are someone he just met in a bar, and that has worked brilliantly for him for so long. I'm a journalist, so I come at interviews in a more forensic way. I like to do a lot of research and preparation.

As an interviewer, will you maintain your bullish style?
Of course! I like being pretty direct, and I don't suffer fools or people trying to pull the wool over my eyes. My guests will get the experience their behaviour deserves. If they're smart and friendly, it will all go fine. If they're dumb and hostile, well — not so fine!

Who would you rather interview — Susan Boyle or Barack Obama and why?
I'd like to interview both, maybe at the same time. After all, both are living the American dream, and both are human beings.

Is there anything you wouldn't ask?
No. Nobody has to answer a question; there's no gun to their head. But an interviewer should always be free to ask whatever they like.

IAN GAVAN/GETTY IMAGES

▶ Piers Morgan takes over for Larry King on CNN. His show is on CNN at 9 p.m. (ET) every night.

ALL NEW EPISODE
RICK MERCER REPORT
This week, Rick spends a day in the life of Lieutenant-Governor David Onley at Queen's Park in Toronto.
cbc.ca/mercerreport
Tonight at 8/8:30NT
followed by InSecurity
CBC

We're not a couple, really: Sandra Bullock

Denies rumours of romance with Ryan Reynolds

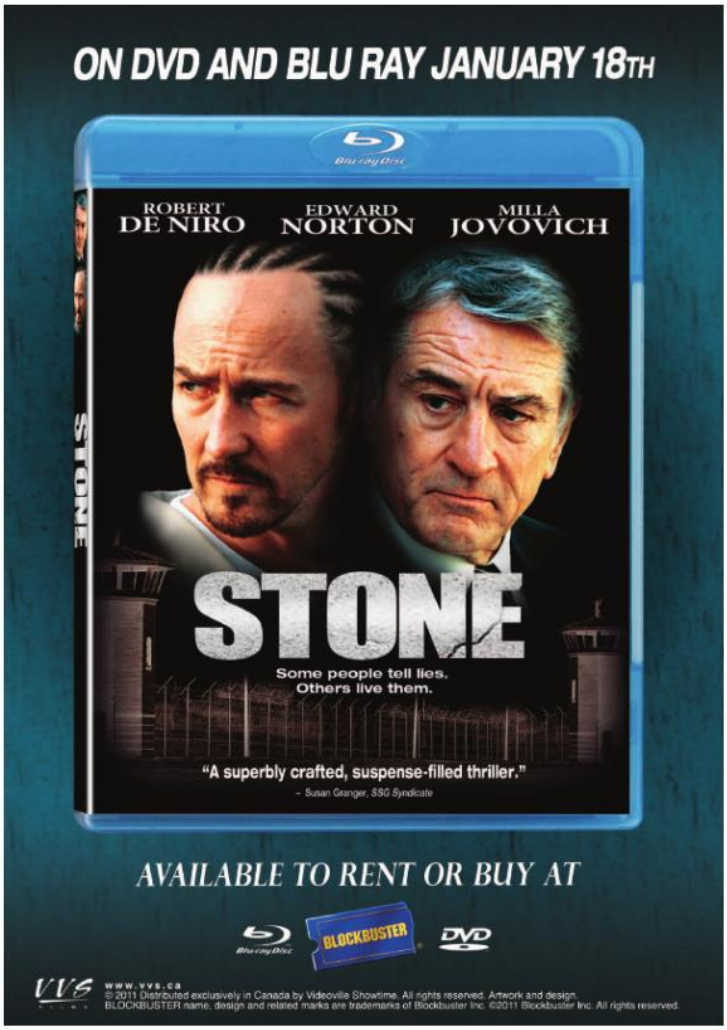
PHOTOS GETTY IMAGES

Sandra Bullock is doing her best to put the rumors about her and Ryan Reynolds to rest.

"I think there will be a collective sigh amongst women across the United Stated when I say he's not my lover," the Oscar-winner told Al Roker in an interview over the weekend.

"He's just an amazing friend for 10 years," she explained. "But I don't get his loving after dark."

METRO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3 life

ISTOCK PHOTO

▶ There is a new surgery that some obesity sufferers are turning to for help.

On the band-wagon

Those struggling with obesity are turning to a revolutionary new idea
Belly bands are helping with diabetes, high-blood pressure and weight

CELIA MILNE
WELLNESS@METRONEWS.CA

It's a new weapon in the battle of the bulge.

Belly band surgery is increasingly popular among obese patients. Dr. Chris Cobourn, a general surgeon at The Surgical Weight Loss Centre in Mississauga, performs Lap-Band surgery, and watches as patients as heavy as 575 pounds lose weight and get healthy.

"They love their band. No one wants to be obese. They are incredibly frustrated and depressed and a lot of patients have low self-esteem. This gives them a simple, elegant solution and they are the happiest patients in the world," says Cobourn.

"It's very safe," he adds. "We've done over 3,000 here with no major complications or deaths."

Lap-Band surgery is not for folks who just want to lose 10 pounds. It's for those with a body mass index (BM) over 35 or a BMI over 30 who also have medical problems such as diabetes, high blood pressure or sleep apnea. "It should be about improving one's health. The goal is to induce significant weight loss and keep it off," says Cobourn.

The Centre has a clinic in Vancouver and hopes to open soon in Calgary and on the east coast.

Lap-band surgery is done laparoscopically, and takes about half an hour. The surgeon places an adjustable band around the upper stomach, which decreases the amount of food the stomach can hold. The band can then be adjusted through an access port just under the skin on the abdomen. People generally return to work after about four days. The idea is to lose one or two pounds a week. When weight plateaus, the band gets tightened. If a female patient gets pregnant, the band can be loosened. The procedure has been successful, says Cobourn.

"Only about 10 per cent of patients either didn't lose 25 per cent of their body weight, or asked to have their band removed."

Fat stats

Here are some statistics on obesity from the Public Health Agency of Canada.

- **Obesity** Canada's rate of obesity is about 25 per cent, and rising.
- **Young people** Obesity in young people ages 12 to 17 is at about 10 per cent.
- **Health care** In 2005, obesity-related chronic conditions were thought to cost $1.8 million in direct costs (such as health care) and $2.5 billion in indirect costs (such as absenteeism and loss of productivity).

Achieving enormous loss

CELIA MILNE
WELLNESS@METRONEWS.CA

Tom Saridis, 39, has lost an almost unfathomable 280 pounds — the weight of two smallish adults. In 2006, just before he had Lap-Band surgery, Saridis weighed a colossal 500 pounds. Now he weighs in at 220 pounds, and at six-feet tall, he's delighted he can live a normal life.

Now when Saridis eats, he's thinking about quality, not quantity.

"I used to look for the largest portion on the menu. I'd order a 30-ounce Porterhouse, even if it was tough, when all I need is a four-ounce filet."

He believes in the Lap-Band procedure so passionately that soon after his surgery, he launched the Canadian Institute of Bariatric Options clinic in Toronto, which provides this surgery and the support needed afterward.

Patients who undergo Lap-Band surgery need to learn a new way of eating. Food has to be chewed carefully and eaten slowly, or they feel sick. Saridis had a great surgeon, but then wondered, "what's next?" Reputable clinics also provide psychological, nutrition and physical fitness services all in one place. "Surgery is the tool; the care afterward is the road map," he says.

Lap-Band surgery is not covered by provincial health care plans. At the CIBO clinic, it costs $3,600 down and $299 a month to a maximum of 72 months.

ISTOCK PHOTOS

Gamers

Young problem gamers who play compulsively on their consoles and computers may be at greater risk than others for mental health issues such as anxiety and depression, a new study suggests. In Pediatrics, researchers conclude that while game playing itself is not pathological initially, it becomes so for some individuals when the activity becomes dysfunctional.

THE CANADIAN PRESS

SCANLIFE
Don't exceed top dose of acetaminophen when taking painkillers: Health Canada

MEGHAN TELPNER

▶ A healthy life doesn't mean diet-deprivation.

Swapping your way to a new, healthy you

Forget dieting — these simple changes can improve your eating habits

DAILY SQUEEZE

MEGHAN TELPNER
DAILYSQUEEZE.CA

It's a new year, and we all want to get healthier. But that doesn't have to mean diet-deprivation – far from it.

By simply replacing certain ingredients, you can turn favourite meals into nutrient powerhouses.

These simple tips will help make this your healthiest and most delicious year yet. Let's take a closer look at our nutritional all-stars.

Swap out: Pasta
Swap in: Spaghetti Squash

Why: When cooked, the flesh of this winter squash closely resembles spaghetti pasta in both appearance and texture.

Not only does it keep "pasta" dishes lighter in calories and carbs, it bypasses all refined flour and gluten, while providing a ton of nutrients such as beta-carotene and vitamin C.

Use it: Slice squash in half lengthwise and deseed. Rub open side of squash with olive oil and roast at 400 degrees for 45 minutes. Use in any recipe that calls for pasta.

Swap out: Refined sugar
Swap in: Raw Honey

Why: Refined sugar is not kind to our bodies, robbing them of important nutrients (B-vitamins and certain minerals), compromising our immunity while causing increasing stress.

Compare this to raw, unpasteurized honey, which contains phytonutrients and highly regarded anti-viral properties.

Use it: In place of sugar in baked goods, to sweeten tea, in salad dressings.

Swap out: White rice
Swap in: Quinoa

Why: White rice is highly processed and devoid of fibre and other nutrients. By replacing it with a grain-like superfood such as quinoa, you get great flavour plus fibre, manganese, and iron.

Use it: Cook as you would rice, simmering for approximately 15 minutes until water is absorbed. Use in a grain pilaf, as a hot cereal, in stir-fries and stews.

Top five ways to get more energy

1 Go easy on the caffeine: Who doesn't rely on their morning latte to get started in the morning? One or two cups will make you feel better, but anything beyond that will have the opposite effect.

2 Take a walk outside: Nothing beats a good dose of fresh air and oxygen. Go for a walk.

3 LOL: laugh out loud: Laughing releases tension and is one of the best and easiest ways to work your abs.

4 Have a power nap: Ten minutes is enough to avoid mid-afternoon slumps

5 Blow your nose: Blocked sinuses could cause breathing problems both during the day and at night, leading to a fuzzy mind and or snoring.

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2.) Bachelor's Degree in Occupational Therapy or US educational equivalent

3.) Canadian OT License

4.) OT License in the US state of intended employment

5.) NBCOT " Visa Credential Verification Certificate" (VCVC) OR the "Visa Screen Certificate" issued by the ICHP/CGFN

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How to find the right career path

ISTOCK

▶ Career development is a journey, but a good education or training is essential in today's job market.

Take this quiz to find out which post-secondary institution might be right for you Nine questions to ask yourself when deciding your future

ANDERSON
LIFE@METRONEWS.CA

If you don't know exactly where to go when you leave high school, you're not alone.

"Career development is a journey and some move along that journey more quickly than others. But for everyone it involves developing yourself personally, socially and academically in the area of work which you choose," says Rola AbiHanna, guidance consultant with the Nova Scotia Department of Education in Halifax.

But the message is clear for anyone graduating from high school: A good education or training is essential in today's competitive job market.

Here's a quiz to help you determine what post-secondary route might best suit your circumstances, strengths and needs. For each of the following questions, select the answer A B or C that describes you best.

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Answers

If you answered mostly A's: University may be in your future. Universities offer a solid theoretical education and social experiences not available elsewhere — for example, sports teams, music and theatre groups, as well as meeting foreign students. While these institutions can be expensive, you may be eligible for bursaries, scholarships and/or student loans. And your future earning potential looks great.

If you answered mostly B's: You might be a great candidate for community college. Hands-on training is the driver here. The cost is usually lower than university, and small classes allow professors to better communicate. There are likely optional night courses (if you have a day job) as well as distance learning courses. The biggest bonus: There's likely a community college close by so you can live at home and save money. At the same time, some colleges are becoming like finishing schools. You can get a university degree and then a one-year post-graduate certificate in something more job-oriented.

If you answered mostly C's: Your best bet might be a career or technical college. These privately owned schools offer shorter-term programs. You likely know exactly what you want to do career-wise, and you're willing to pay for it (career colleges can be expensive). These programs provide extremely practical skills for the job market. Trades can be lucrative and rewarding, not to mention portable and usually in demand.

ISTOCK

▶ Is university in your future?

Questions to ask:

1
A) Your parents have contributed to an education fund or you qualify for scholarships.
B) You have savings from a part-time job and can live at home.
C) You have some funds reserved for necessary job training.

2
A) You got mostly A's and B's in high school, are studious, love to read and have strong problem-solving skills.
B) You did fine in high school but prefer less emphasis on academic achievements.
C) You may have done well academically in high school but your passion is using other talents such as working with your hands.

3
A) You're adventurous and want to move away from home.
B) You need to stay close to home for personal reasons.
C) You don't care where you have to move to complete your chosen program.

4
A) You expect your education will eventually give you an edge in terms of earning power.
B) You hope your education will provide a secure job, albeit perhaps not the best paying.
C) Your main goal is to develop skills that are marketable and perhaps portable.

5
A) You're not in a hurry to finish your post-secondary education as you haven't figured out what you want to do afterward.
B) You have an idea of what you want to major in, but your goals may change.
C) You know exactly what you have to learn and have a limited timeline.

6
A) Your slate is clear so you can devote all your time to educational pursuits.
B) You have a part-time day job so taking night courses would best fit your schedule.
C) You may already be working in a particular field but need more training for accreditation.

7
A) You prefer a theoretical approach to learning.
B) You don't mind some theory but need some practical knowledge as well.
C) You thrive in a hands-on learning environment.

8
A) There's no doubt in your mind that you want to get that degree.
B) Your heart is set on a specific area, and it doesn't matter much what route you take.
C) You need training in a particular field.

9
A) Large classes don't bother you. In fact, it gives you a chance to meet other students and to exchange ideas.
B) You prefer small classes where professors can deal with you on a one-on-one basis.
C) Class size does not enter into the equation as you expect most of your time in a post-secondary institution will consist of hands-on training.

It's a good feeling to land a great job. Talk to us about your career options at one of these free information sessions:

Program	Campus
Culinary Arts Friday, Jan. 21 & 28, 9:30 a.m. – room 305 B	Downtown
Transportation Trades Tuesday, Jan. 25 & Feb. 1, 11 a.m. – lobby, building B	Broadway
Career Planning and Job Search Courses Tuesday, Jan. 25 & Feb. 1, noon – room 236	Downtown
TESOL Programs Tuesday, Jan. 25 & Feb 1, noon – room 526	Downtown
ASL & Deaf Studies Wednesday, Feb. 2, 6 p.m. – room 2555	Broadway
Dental Hygiene (including Access for CDAs) Thursday, Feb. 3, 6 p.m. – room 501	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 E. Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

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Vancouver Community College

The future is now

Deciding what to do with the rest of your life is a big decision ◗ Here's how to choose the best career path for you

ALEX NEWMAN
LIFE@METRONEWS.CA

With university application deadlines looming, "it's a crazy time," says Dale Callender. "Students are in my office all the time asking what they should do."

The advisor for Delisle Youth Services at Northern Secondary suggests making their career decisions based on interests, best subjects, family finances and entrance requirements. Though Callender admits that most go with what they've heard or seen of the campus.

Deciding what to do with the rest of your life is "a lot of pressure for a 17- or 18-year-old," Callender says. "Especially when they're afraid of making a mis-step."

Which is why Blessie Mathews, a career counsellor at the University of Alberta encourages students to factor their extracurricular activities into the choice — because it's something they love and they've already made connections. "Education is one piece of the puzzle," she adds.

She also suggests talking to people in the field. "Most people looking back find that career paths are more often about opportunities that presented themselves, versus planning."

Unless there's a pull in a specific direction, students are advised to enter broad programs, which keeps options open until they can make informed choices based on skills and interest.

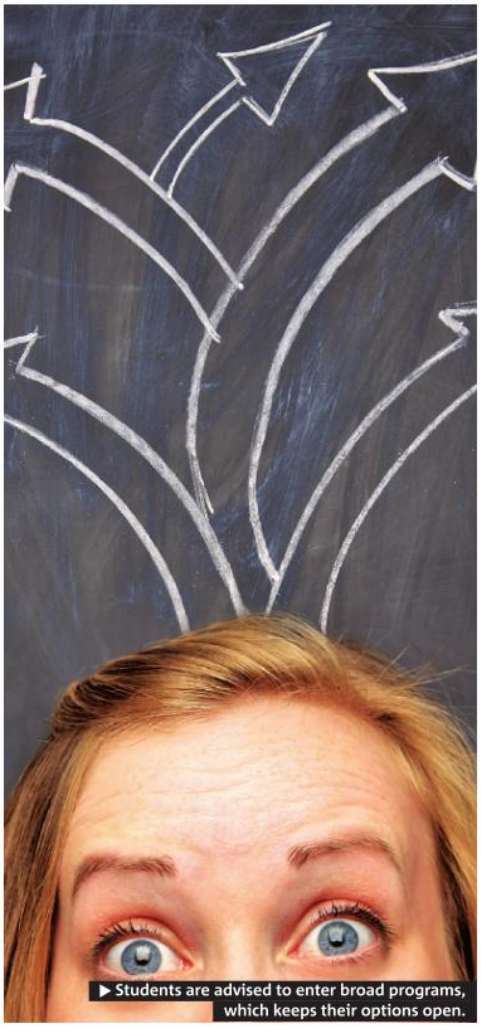
It's how Georgia Barrington chose her program. "I was never skilled at math or science, and loved the arts, so a BA seemed the best fit. First-year university feels like high school because you take a variety of subjects — science, writing credit, language. You try different courses to see what you like most."

Sam Chapman agrees. Starting out at UBC in political science, he stumbled into history and switched majors. Now he's "graduating with great marks, and had a great experience, pursuing a subject I really love." He's currently applying to graduate programs and law schools.

Some students are paralyzed by the choice of school. Barrington didn't have a preference, since she felt "most General Arts programs at Canadian universities were of a similar standard."

She also recommends stepping out of your comfort zone. "Don't make a decision based on where your friends or current boyfriend will be. You will make new friends and have a far better experience if you choose a university on your own terms."

ISTOCK



▶ Students are advised to enter broad programs, which keeps their options open.

Starting all over again

Not everyone heading to school is in their teens.

MaryLynne Meschino, an educational publishing executive at the top of her game, was considering a change even before her company experienced a major shift.

After seeing a life coach and taking skills tests (Strengthfinders 2.0 and Birkman), she took the plunge and got an interior decorating degree through distance education, then finished a certificate program at George Brown.

After five years in her new profession, she's an award-winning interior designer with a thriving company.

The biggest obstacle, Meschino says, is the fear of starting over, particularly after being well-paid and well-respected in your previous field.

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A new year, a new start

The start of a new year is always a great time to put healthy, positive habits in place
Here are tips for Vancouver students on how to better manage your time, energy and life

YLVA VAN BUUREN
LIFE@METRONEWS.CA

Catherine Porritt, an Adventure Tourism student at Montagna College in Whistler, B.C., loves to snowboard to de-stress.

Getting exercise is the best thing for me, says Porritt. "It's an outlet for all my energy after sitting in a classroom. Plus, I feel so good afterward."

It was tough for Porritt to go back to school last year (she had taken a few years off after high school), but it helped that she was so excited about the Adventure Tourism program. Originally from Ontario, Porritt chose the program in Whistler because, "I love it here, and I love to travel."

Porritt lives with a roommate who works during the week, and they both go out sometimes on the weekends. But Porritt's priorities are school, keeping fit and getting enough sleep.

"The best advice I have for students is to find that perfect balance of school work and extracurricular activities. Don't overdo it but always remember that you need a break from school work. And just sitting at home watching TV won't help."

ISTOCK

▶ Going to school requires you to juggle priorities.

Instead of...

- **Chips,** choose crackers and cheese, or yogurt and fruit.
- **A granola bar,** choose a low-fat version.
- **Pizza with the works,** choose pizza with veggies.
- **Double fries,** choose a sub on whole wheat with extra vegetables.
- **A hamburger with double cheese,** choose a hamburger on whole wheat with onions, pickles and lettuce.
- **Macaroni and cheese,** choose the same, but add vegetables.
- **A milkshake,** choose a fruit smoothie.

Sleep and eat

Corinna Wyles-Plumley, a Baking and Pastry Arts Management student at George Brown College in Toronto, is watching the clock so she gets the recommended eight hours of sleep. Eating breakfast will also provide a good start to your day and contribute to skin and hair.

De-stress

Some students like yoga, which teaches you how to relax using your breath. Michael Stulberg, a philosophy student at Montreal's McGill University who practises yoga says, "If my workday doesn't have great results, if I've done yoga I know that I have done something productive in another facet of my life."

Get organized

When Alexis Barrett took the Aesthetics program at Seneca College in Toronto, she tacked up a large wall calendar to keep track of tests and assignments. "I had to look at it every day — that really helped me to plan."

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Get support

Take advantage of counselling services for personal issues and jobs, recommends Mary-Ann Owens, a sessional instructor at the University of Calgary. Or, find a mentor for guidance.

Don't quit

"Many students are enthusiastic at the start," says Hayley Woolley, a graduate of the Aesthetics program at Rinaldi College in Barrie, Ont. "But then they let school slide. Following through is definitely important."

Keep active

Students at Dalhousie University in Halifax have their choice of more than 40 fitness classes per week ranging from aqua-fit to kickboxing to team sports. Says Anne Falconer, coordinator of Group Fitness: "Fitness is a great lifelong habit."

Stop procrastinating

When Guelph University Theatre Arts student Nice Jestadt gets an assignment, he prepares a timeline. When Stulberg finds himself flipping aimlessly through Facebook, "I either take a break, or I commit fully to my essay, designating that time as work time."

Study smart

Kieran McKinnon always studies in the library at Carlton University in Ottawa. "Knowing that people are watching keeps me focused — and not surfing on my laptop." Barrett and friends study together, "teaching each other again what we learned in school."

Ready, set, apply

Now's the time to get started Timing of applications can make a difference in acceptance

TIMOTHY AVERY
LIFE@METRONEWS.CA

With the new year comes the stampede of would be post-secondary students.

There are myriad choices available to those wanting to further their education across the country, from public and private universities to colleges and career colleges.

And, all of them have different application procedures and deadlines.

Most universities, colleges and career colleges offer online applications through their websites.

You are ready to apply for admission to one or more post-secondary institutions once you have:

- decided which path you'll start on
- confirmed application deadlines for your preferred post-secondary institution(s)
- got all your paperwork together
- thought about how you'll manage life as a student.

How to

When applying online to any post-secondary institution in B.C., students may use the Post-secondary Application Service of B.C. (PASBC) form. Go to portal.bccampus.ca to apply for admission. Select an institution to which you want to apply. As you proceed through this Common Form, an account will be automatically created for you.

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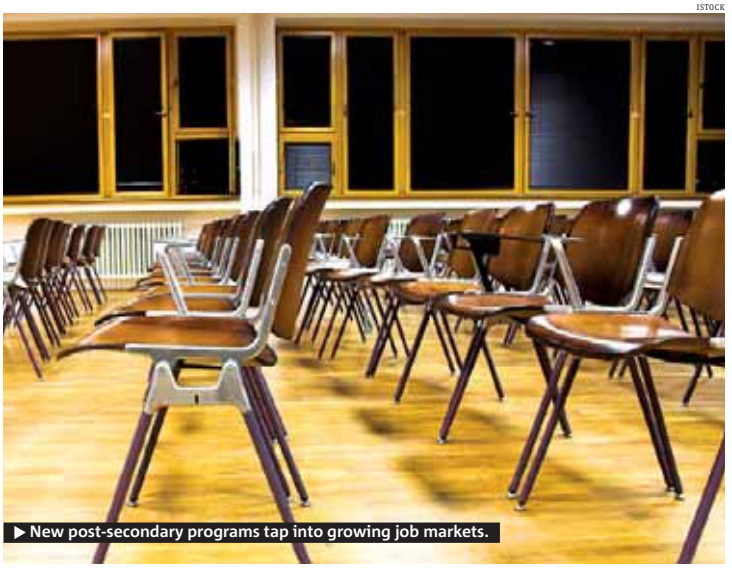

▶ New post-secondary programs tap into growing job markets.

Many schools offering innovative programs

KIM ZARZOUR
LIFE@METRONEWS.CA

Ever thought of advocating for victims of crime? Interested in drug discovery or being a curator at a museum?

This fall, many new post-secondary programs will serve up these specialties and more. Some are innovative; others tap into growing job markets such as the environment or health and wellness.

For more information, visit the schools' websites.

- **Master of Public Policy**: Students learn to make well-considered recommendations on important questions of public policy (University of Calgary).
- **Alternative Energy Technology**: Students gain management skills and an understanding of the factors driving growth in this emerging industry (Northern Alberta Institute of Technology).
- **Master of Management Degree**: For students with bachelor degrees in non-business disciplines (University of British Columbia).
- The School of Criminology is offering new programs: **Certificate in Correctional Studies**, **Certificate in Forensic Studies**, **Certificate in Legal Studies** and **Police Studies** (Simon Fraser University).
- **Indigenous Independent Digital Filmmaking Advanced Certificate**: An opportunity for professionals to upgrade their skills in the film industry (Capilano University).

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LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

The culinary coolness of Gastown is creeping east.

Yielding hardwood floors, relics of the '30s, and an iPad as cash register, the highly anticipated Big Lou's Butcher Shop has opened its doors.

Its piece de resistance? Mouth-watering sandwiches (most of them showcasing juicy, in-house roasted meat) crafted by co-proprietor and chef Allan Bosomworth himself.

When I asked Allan (also behind Two Chefs & A Table) how long the pork shoulder in my Banh Mi sandwich ($8) had been cooked, he replied, "Until it fell apart."

One bite into the Vietnamese-inspired creation, built on a soft, incredibly creamy white baguette, and I was in love.

The sandwich's house pickled carrots and green beans were coated with spicy mayo and an abundant, licorice flavoured sauce that, together, left a sweet tingling on my tongue.

Enriched further by a cooling, creamy pate, and the sandwich catapulted into the "to die for" league.

Sandwiches aren't just for lunch anymore

▶ Whoopie Pies

Preparation:

1. Preheat oven to 180 C (350 F) with racks in upper and lower thirds. Line 2 baking sheets with parchment paper.

2. In a bowl, whisk milk into cocoa. In another bowl, whisk flour, baking powder, baking soda and salt. In a bowl, using an electric mixer, beat sugar and butter until fluffy; beat in egg and vanilla. Using a spoon, stir in flour mixture alternately with milk mixture, making 3 additions of flour and 2 of milk, until blended.

3. Drop batter in 8 mounds onto 1 baking sheet, at least 7.5 cm (3 inches) apart; make 8 more on second sheet. Bake, switching pans on racks halfway, for about 15 minutes. Let cool on pan for 2 minutes. Transfer to rack to cool completely. Repeat to make 8 more, reusing 1 sheet; bake on middle rack.

4. **Filling:** In a small saucepan, sprinkle gelatin over milk; let stand 5 minutes. Heat over medium-low heat, stirring, until gelatin is dissolved. Pour into a bowl; stir in sugar and vanilla and let cool to room temperature. In a chilled bowl, using an electric mixer, whip cream until almost stiff peaks; gradually beat in milk mixture. Cover and refrigerate for 30 minutes.

5. To assemble, spread flat side of half the cakes with filling. Sandwich with remaining cakes. Decorate as desired.

THE CANADIAN PRESS

Ingredients:

Whoopie Pies
- 125 ml (1/2 cup) unsweetened cocoa powder
- 250 ml (1 cup) milk
- 500 ml (2 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) butter, softened
- 1 egg
- 5 ml (1 tsp) vanilla

Filling
- 10 ml (2 tsp) unflavoured gelatin powder
- 125 ml (1/2 cup) milk
- 75 ml (1/3 cup) icing sugar
- 10 ml (2 tsp) vanilla
- 250 ml (1 cup) 35 per cent whipping cream

Argentina's wine scene

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Raise your glass if you remember life before the Internet. Back then if you wanted to learn about something, you had to read a book.

Call me old fashioned, but I still love the smell and feel of freshly printed text and have found it kind of sad that while cookbooks seem to be thriving, the release of great wine books has become few and far between.

That's what makes Vino Argentino: An Insider's Guide to the Wines and Wine Country of Argentina (Chronicle Books, $31.95) by Laura Catena such a breath of fresh air.

Not only is it the first really comprehensive volume on the exploding Argentinean wine scene; Catena explores in great detail (and with much love) wine's relationship to Argentina's culture and food.

Her father, Nicolás Catena, owns Catena Zapata in Mendoza — one of Argentina's premier wineries, which I had a chance to tour.

Though the selection of Catena Zapata wines varies across the country, I recommend trying any of them, especially their entry level juice.

The 2009 Alamos Chardonnay ($13.95 - $14.99) is smooth and citrusy with a touch of oak that makes it a tasty match with creamy white sauces.

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60 seconds

▶ Stephane Goulet, left, and Samantha Fraser, a couple who practice open marriage, are featured in the CBC documentary Thoroughly Modern Marriage.

DOES MARRIAGE STILL MATTER IN CANADA?

When it comes to marriage, the times certainly are changing in Canada. For the first time in Canadian history, single people outnumber married people. Thoroughly Modern Marriage, a documentary by filmmaker Sue Ridout, takes a closer look at the institution of matrimony in our country. Metro recently had a chance to interview Ridout.

We know that single people in Canada outnumber married people right now. But we also know that there has been a 33 per cent increase in mixed-race couples in Canada in less than a decade. So how will Canada's growing multiculturalism affect marriage numbers in the future?

Multiculturalism certainly does have an effect on the marriage rate, but not to such an extent that we'd see a pronounced spike in the numbers. The number of families headed up by married couples in Toronto and Vancouver, for example, tends to be slightly higher than the average number for the rest of the country, and Statistics Canada attributes that to the high rates of immigration to those two cities.

Immigrants are more likely to get married than native-born Canadians, but it is also true that as the number of common-law couples continues to rise, and the number of arranged marriages in immigrant groups continues to decline, the overall effect on the national marriage rate will not be huge.

Compared to other G8 countries, where do you think Canada ranks in terms of our marriage numbers?

It sounds very Canadian, but Canada tends to sit somewhere in the middle.

The US marriage rate is usually about double that of Canada — Americans are much more conservative in their attitudes towards marriage vs. cohabitation, but it should be added that while they get married more, they also get divorced more, too. Canada's rates of marriage and cohabitation are always affected by the inclusion of Quebec, which overwhelmingly rejects marriage in favour of common-law unions.

Overall, Canada's statistics on marriage, divorce and cohabitation tend to be somewhere between a more conservative US, and a less conservative Europe & the UK.

Marriage is seen as a status symbol for many. As well, there is a multi-billion dollar industry devoted to it. So, how would the world be different if marriage didn't exist? Do you think we need marriage in society?

Marriage hasn't always been a status symbol, but it certainly is today and I think that's tied into our quest for personal fulfillment.

We see it as the capstone, as a way of telling our friends and families that we have "made it" and can now celebrate our partnerships.

In the old days, young people were married off by their families in a union that was seen as a way of advancing economically and socially. For a woman, it was important to make a "good" marriage and marry a man whose family was better off than yours.

Thoroughly Modern Marriage airs this Thursday at 9 p.m. on CBC's Doc Zone.

Now, because of longer post-secondary education and a tighter job market, people are waiting longer — five years on average, which statistically is significant — to get married, and their families have less and less to do with it. They start a career, they buy a condo or house, they even have children together — and then they say to one another, this seems to be working out and we're settled now, so why not get married? It's become a symbol of personal achievement.

The number of common-law unions may be climbing, but many of them still culminate in a marriage. Seventy five to 80 per cent of Canadians still get married at some point in their lives. METRO

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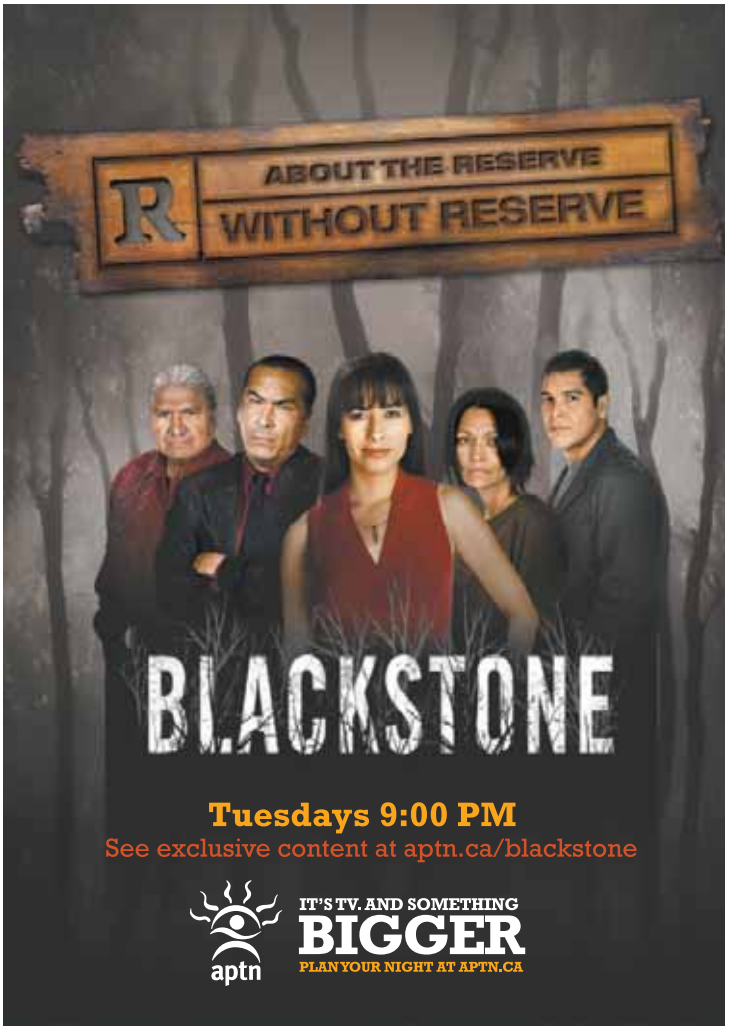


Woman: The boss of money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Alison's Money Rule: If you want to know how and why money is spent, look to women.

Women are lousy drivers, shopaholics and emotional. These are all well-worn stereotypes in the gender game.

Here are a couple more: women aren't good with money and we are intimidated by financial issues.

But, when the stereotype is subjected to the hard light of research, a female of a whole different order emerges.

According to a new survey commissioned by Barbara Stewart (CFA), portfolio manager with Cumberland Private Wealth Management in Toronto, women today more closely resemble Rosie the Riveter in the realm of money than any blonde moment stereotype.

We're strong, confident, involved and in control.

After reading the results of a national Angus Reid Public Opinion poll released in December, one can only come to a single conclusion — women are the boss of money.

Stewart, who has been advising high net worth clients for 15 years, had heard all the stereotypes about women and money and she was sick of them.

And it irked her that much in the delivery of financial services to women was based on the stereotypes of a gentler, more conservative and fearful sex.

▶ According to StatsCan, household spending averaged over $71,000 per family in 2009.

The survey, conducted in conjunction with six focus groups led by Stewart and 25 in-depth interviews, includes one jaw dropping stat — 89 per cent of respondents laid claim to being the final decision maker on all matters of household spending.

Equally interesting, the same percentage indicated that financial decisions should be made in conjunction with their life partner.

But only 51 per cent of respondents actually walked the walk and consulted with their mates about spending decisions.

63%

Number of women who feel confident about their financial management capabilities.

Household spending is a mammoth area. We're not just talking about cereal and soap.

It's everything from clothes and renovations to electronics, recreation, medical and education. In 2009, household spending averaged more than $71,000 per family, according to Statistics Canada. And women run the show.

My own informal research shows that women are increasingly making the decisions in the investment arena.

That means anyone with RRSP investment products to sell over the next six weeks had better pay attention to the fairer sex.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

AFFORDABLE ART

You don't have to buy a van Gogh to enjoy art. Art comes in many broad categories – theatre, music, literature, dance, food and travel.

There are affordable and smart ways to infuse the arts into your lifestyle.

Many communities host free festivals, corporations sponsor plays and concerts, libraries and book shops promote literary events, and local governments foot the bill for tours or lunchtime performances.

Local events are often promoted through newsletters, Facebook, Twitter or community websites. Check with your employer or social club to see if you get freebies or discounts on tickets. If you travel, investigate local hot spots for the arts.

Ideally, you'll spend money on art which touches your soul and doesn't break the bank.

You may find a Jazz bar, Shakespeare in the Park or reduced price tickets for Broadway.

Another affordable way to access art is to volunteer — join a fundraising committee for your local art gallery, teach an acting class, donate to a painting program, or write articles for a travel magazine.

Through careful selection of quality and smart shopping, physical pieces of art can be reasonably priced and may even grow in value.

Of course it doesn't make sense to purchase a Botero sculpture while you're hacking away at student loans and a mortgage.

But, as your career and income grows, you can plan ahead for artistic expenditures, stick to a realistic budget and avoid expensive payment plans.

Think of it like this: if there's a $5,000 painting or sculpture you're dying to have, start saving $420 monthly and buy it in one year or use your bonus or tax return. Don't go into debt for art because the value of art can be volatile, and therefore it can't be considered good debt.

When you're ready to buy art, take your time and shop around. Speak to professionals like a gallery director.

A good gallery director will spend time with you to help you find a piece of art you love and that's within your budget.

Through personal referrals and on the Internet, research artists, auction houses, and galleries.

If you need help deciding on a particular style you like, visit many galleries and comb through websites of museums, or even art.com.

4 sports

Favre's career may finally be at its end

Don't believe Brett Favre is finally done?

Well, NFL's all-time leader of almost every major passing mark has at least filled out the forms.

Favre has made another move toward leaving the game for good by filing retirement papers with the league, NFL spokesman Greg Aiello confirmed yesterday.

This is merely a procedural matter, to start the clock on a player's pension and Hall of Fame eligibility. It's worth noting, too, that Favre has done this before, only to change his mind. Retired players can request to be reinstated at any time.

But the news, first reported by Fox Sports on its website, was another sign that Favre's thrill-filled 20-year career has come to an end, as he repeatedly insisted throughout a painfully disappointing 2010 season for the Minnesota Vikings.

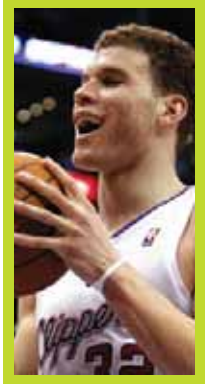
The 41-year-old threw for only 11 touchdowns in 13 games and was intercepted 19 times, finishing with a career-low 69.9 passer rating that ranked third-worst in the NFL among qualifying quarterbacks.

His body took quite a beating, getting knocked out of three different games while dealing with injuries to his elbow, foot, chin, neck, back, ribs and calf — plus the sprained throwing shoulder that ended his all-time record streak of 297 straight regular-season games started. Then he suffered a concussion in what wound up being his last game, on Dec. 20 against the Chicago Bears.

"I know it's time, and that's OK. It is," Favre said after the season finale.

THE ASSOCIATED PRESS

Quoted



"It's cool because all I hear is, 'He can dunk and jumps high' ... People question the other skills and as a basketball player, you take that personally."

LOS ANGELES CLIPPERS ROOKIE POWER FORWARD BLAKE GRIFFIN AFTER SCORING A CAREER-HIGH 47 POINTS AND 14 REBOUNDS IN A 114-107 WIN OVER THE INDIANA PACERS YESTERDAY.

VINCENT THIAN/THE ASSOCIATED PRESS

▶ Rebecca Marino makes a backhand return to Junri Namigata yesterday.

Marino wins Down Under

Vancouver native will play sixth-seeded Schiavone in second round of Australian Open ◐ Two players have never faced each other on court

Vancouver's Rebecca Marino advanced into the second round of the Australian Open yesterday, while Canadian qualifier Frank Dancevic was outplayed in his opening match by No. 28 Richard Gasquet.

Marino, ranked 106th in the world, won her second career Grand Slam match, defeating Japan's Junri Namigata 6-2, 4-6, 6-3.

"I'm pretty happy with how I played in the third set," said Marino. "I went up 5-0, I had a good intensity level, serving and returning was good. I did have a dropoff on the focus, but I was able to gather it up at the end.

"I'm happy with the entire match."

The 20-year-old Marino, who failed to qualify at preliminary WTA events this month in Brisbane and Sydney, will face her second top-10 opponent is as many majors when she plays French Open champion and sixth seed Francesca Schiavone in the second round.

Marino lost to Venus Williams at last year's U.S. Open after advancing to the second round as a qualifier.

Schiavone advanced with a 6-7 (4-7), 6-2, 6-4 win over Arantxa Parra Santonja of Spain. Marino and Schiavone have never faced each other.

THE CANADIAN PRESS

Earlier today

Rafael Nadal's quest to complete his "Rafa Slam" at the Australian Open started with a first-round victory that lasted only 47 minutes this morning.

▶ Nadal led 6-0, 5-0 when his Brazilian opponent Marcos Daniel retired with a left knee injury.

THE ASSOCIATED PRESS

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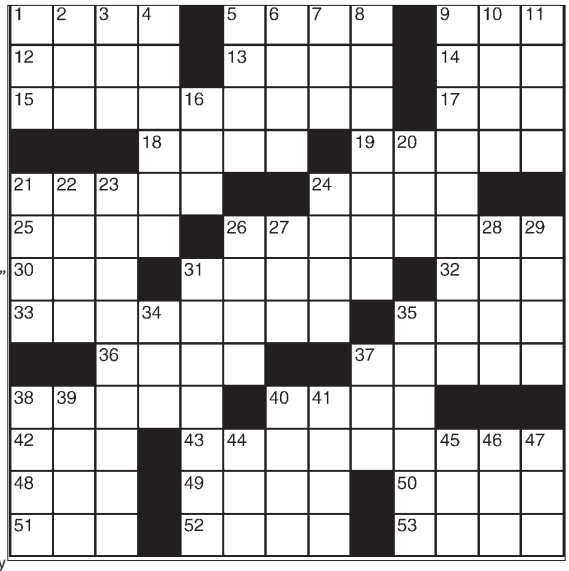
Crossword



Across

1 Entreaty
5 Reverberate
9 Hope or Newhart
12 Skirt edges
13 Christmas refrain
14 Rhyming tribute
15 Instrument panel
17 Intention
18 Group of actors
19 Greene of "Bonanza"
21 City-related
24 "Leave It to Beaver" dad
25 Any moment now
26 Square dances
30 Greek vowel
31 Journal
32 "That feels so good"
33 Rump
35 Hodgepodge
36 Uses a shovel
37 Bracelet location, maybe
38 Throng
40 Timbuktu's country
42 Blood-group letters
43 Go downhill, in a way
48 Keanu, in "The Matrix"
49 Albacore
50 Pleasant
51 P.E. venue
52 Remain
53 Cabbage salad

Down

1 Third degree?
2 Meadow
3 Type squares
4 Garbage receptacle
5 Eve's grandson
6 Layer of paint
7 That girl
8 Wife or mother, slangily
9 "Monopoly" property
10 Valhalla VIP
11 Everly Brothers' "Let It —"
16 Prohibit
20 Acapulco gold
21 Secondhand
22 Memory method
23 Staff meeting site
24 Existed
26 Hastens
27 Rowing need
28 Hammer's target
29 Oxford, e.g.
31 Literary condensations
34 Disencumber
35 Toppers for Whoppers
37 Priestly garment
38 Suspend
39 Do as you're told
40 "—Lisa"
41 Vacationing
44 Wacko
45 Have a bug
46 Nipper's co.
47 Morning moisture

▶ Yesterday's answer

E	M	U	S	■	O	H	O	■	S	T	A	B
K	I	L	O	G	R	A	M	■	A	R	I	A
E	N	T	A	N	G	L	E	■	L	I	D	S
■	■	■	P	A	Y	■	L	L	A	M	A	S
M	O	T	E	T	■	S	E	A	M	■	■	■
E	G	A	D	■	E	N	T	W	I	N	E	■
G	R	R	■	S	M	U	T	S	■	O	R	B
■	E	N	T	E	B	B	E	■	M	O	N	O
■	■	■	E	R	O	S	■	N	A	K	E	D
C	A	S	H	E	W	■	I	O	N	■	■	■
O	D	O	R	■	E	N	T	R	A	C	T	E
L	A	M	A	■	R	E	L	I	G	I	O	N
A	M	E	N	■	S	O	L	■	E	D	G	E

Sudoku

4		7	1		9	5		6
		3				1		
2	1						3	8
			2		3			
	9						5	
			8		4			
5	3						9	4
		6				8		
1		9	3		7	2		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	9	1	2	8	5	4	3	6
8	5	6	4	1	3	9	2	7
3	4	2	7	6	9	8	1	5
1	8	7	9	4	6	2	5	3
9	2	4	5	3	1	6	7	8
5	6	3	8	2	7	1	9	4
6	3	5	1	9	4	7	8	2
2	7	9	6	5	8	3	4	1
4	1	8	3	7	2	5	6	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Harshvardhan Partap Singh, I just love you the way you are. You are the best thing ever happened to me in life. Love the way you cook... I hope you read it while travelling to school on the go! **YOURS FOREVER...**

To my baby i love you soooooo much you mean the world to me, your smile lights up a room, you make my heart melt me and you for life baby **YOUR HUBBY!!!!!!**

ate maritess, happy birthday!thanks for being such a blessing to all of us.i hope the best of the bests for you,and so with niko and nikki.we so love you.you're great!keep it up! Godbless. **LOVELOTS, ELIESE**

all the kids call you ms. honey. you are the sweetest teacher i ever met, and i want to send you all my love sealed with a kiss. You always will be special in my life. **FROM YOUR: CHERI BLOSSOM.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be hugely assertive today and that's good because if you believe in your abilities and if you are prepared to take risks anything is possible.

♉ Taurus April 21-May 21 Your imaginative powers are strong at the moment but that will only be a good thing if you know how to keep self-doubt at arm's length. Focus on positive thoughts only.

♊ Gemini May 22-June 21 Today's link between your ruler Mercury and power planet Pluto will encourage you to be inventive, especially in finding ways to make money. Think of something that has not been done before – then do it.

♋ Cancer June 22-July 22 Unexpected developments of some sort will catch just about everyone by surprise today but if you stay calm and look for ways to turn them to your advantage you will benefit while others struggle.

♌ Leo July 23-Aug.23 You won't care in the slightest what other people think or say about you today. That frees you to take chances – and win.

♍ Virgo Aug. 24- Sept. 22 With Mercury, your ruler, linked to power planet Pluto today the way you interact with employers and senior colleagues is of the utmost importance. Make sure you respect them, even if they don't always respect you.

♎ Libra Sept. 23-Oct. 23 Resist the urge to make value judgments about people whose personal lives you don't know much about. No one is perfect. We all have our failings.

♏ Scorpio Oct. 24-Nov. 22 Act quickly if someone in a position of power makes you the proverbial offer you cannot refuse today. If you don't take them up on it one or more of your rivals wil.

♐ Sagittarius Nov. 23-Dec. 21 If you need to do something that is going to take a lot of energy now is the time to get started. Your mind is a powerful tool and if you use it correctly today you can overcome any obstacle and reach any objective.

♑ Capricorn Dec. 22-Jan. 20 Today's Mercury-Pluto union will endow you with the kind of faith that can move mountains – so get moving!

♒ Aquarius Jan. 21-Feb. 18 The more others say you should be respectful of people in positions of power the more you will go out of your way to show you are a free individual and you bow to no one's authority. Good for you!

♓ Pisces Feb. 19-March 20 It's natural that you feel a bit concerned about some of the things going on in your world, but nothing bad will happen to you personally. Even if it did, you've got the skills to talk your way out of it. SALLY BROMPTON

Caption contest

KEYSTONE, ENNIO LEANZA/ THE ASSOCIATED PRESS

WIN! **You write it!**

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

RENO GAZETTE-JOURNAL/ANDY BARRON/THE ASSOCIATED PRESS

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DOMINICAN REPUBLIC | Punta Cana via Calgary
Gran Bahia Principe Punta Cana PRIVILEGES
All-Inclusive • Junior suite • Jan. 25
$1429 +Taxes & other fees: $168

MEXICO | Los Cabos
Hola Grand Faro Los Cabos
All-Inclusive • Deluxe partial oceanview rm. • Feb. 6 & 13
$1069 +Taxes & other fees: $250

MEXICO | Cancun/Riviera Maya
Grand Sirenis Riviera Maya Resort & Spa
All-Inclusive • Junior suite • Mar. 5
$1079 +Taxes & other fees: $240

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum PRIVILEGES
All-Inclusive • Deluxe rm. • Mar. 5
$1099 +Taxes & other fees: $240

MEXICO | Puerto Vallarta/Riviera Nayarit
Barceló Puerto Vallarta
All-Inclusive • Junior suite deluxe • Feb. 5 & 12
$1199 +Taxes & other fees: $138

MEXICO | Puerto Vallarta/Riviera Nayarit
Meliá Puerto Vallarta PRIVILEGES
All-Inclusive • Deluxe garden view rm. • Feb. 26
$1359 +Taxes & other fees: $138

JAMAICA
Sunset Jamaica Grande Resort & Spa PRIVILEGES
All-Inclusive • Traditional standard rm. • Jan. 28
$849 +Taxes & other fees: $92

JAMAICA
Grand Palladium Jamaica Resort & Spa
All-Inclusive • Junior suite • Jan. 21 & 28
$1459 +Taxes & other fees: $92

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
All-Inclusive • Junior suite • Feb. 4 & 11
$1499 +Taxes & other fees: $92

GRENADA via Toronto
Grenadian by rex resorts
Standard rm. • Jan. 29 & Feb. 5
$1079 +Taxes & other fees: $181

CUBA | Varadero
Meliá Varadero PRIVILEGES
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CUBA | Varadero
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$409 +Taxes & other fees: $107

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All Seasons Paris Gare de l'Est
Breakfast • Standard rm. • Feb. 10, 17 & 24 • 3 nts.
$869 +Taxes & other fees: $410

ENGLAND | London
Hotel Ibis London Earls Court
Breakfast • Standard rm. • Feb. 9, 16 & 23 • 4 nts.
$879 +Taxes & other fees: $425

CARIBBEAN CRUISES • 1 WEEK

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Southern Caribbean Cruise
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Carnival Cruise Lines[2] | Carnival Victory®
Southern Caribbean Cruise
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